

ABSTRACT

A heat patch that includes an enclosure made from a gas-permeable first layer and a second layer attached to the first layer. A heating composition is inside the enclosure. The heating composition generates heat when a gas (e.g.,  
5 air) is received through the gas-permeable first layer. The gas-permeable first layer includes an inner surface and an outer surface. A gas-impermeable cover is detachably mounted to the outer surface of the first layer. In another aspect, the gas-impermeable cover includes a plurality of portions that are each detachably mounted to a separate area of the gas-permeable first layer. In still another  
10 aspect, the gas-impermeable cover includes information related to heat generated by the heat patch when the cover is removed from the gas-permeable first layer.